

Vegetable Chili Boat

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Soups & Stews, D-63r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		1/3 cup 2 tsp		3/4 cup	1. Heat oil in a roasting pan/square head pan (20 7/8"x 17 3/8" x 7") on top of stove. 2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
*Fresh onions, diced	1 lb 6 1/2 oz	1 qt 2/3 cup	2 lb 13 oz	2 qt 1 1/3 cups	
*Fresh green bell peppers, diced	1 lb 1/2 oz	3 cups	2 lb 1 oz	1 qt 2 cups	
Canned low-sodium pinto beans, drained, rinsed	1 lb 5 oz	3 cups (1/2 No. 10 can)	2 lb 10 oz	1 qt 2 cups (1 1/8 No. 10 cans)	
OR	OR	OR	OR	OR	
*Dry pinto beans, cooked (See Notes Section)	1 lb 5 oz	3 cups	2 lb 10 oz	1 qt 2 cups	
Canned low-sodium kidney beans, drained, rinsed	1 lb 5 1/2 oz	3 1/3 cups (1/2 No. 10 can)	2 lb 11 oz	1 qt 2 2/3 cups (1 1/8 No. 10 cans)	
OR	OR	OR	OR	OR	
*Dry kidney beans, cooked (See	1 lb 5 1/2 oz	3 1/3 cups	2 lb 11 oz	1 qt 2 2/3 cups	

Canned low-sodium black beans, drained, rinsed	2 lb 6 oz	1 qt 1/2 cup (2/3 No. 10 can)	4 lb 12 oz	2 qt 1 cup (1 1/3 No. 10 cans)	
OR	OR	OR	OR	OR	
*Dry black beans, cooked (See Notes Section)	2 lb 6 oz	1 qt 1/2 cup	4 lb 12 oz	2 qt 1 cup	
Chili powder	5 oz	3/4 cup	10 oz	1 1/2 cups	
Canned low-sodium diced tomatoes	2 lb 11 oz	1 qt 1 cup (1/2 No. 10 can)	5 lb 6 oz	2 qt 2 cups (1 No. 10 can)	3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
Low-sodium chicken stock		2 qt 2/3 cup		1 gal 1 1/3 cups	
Hot sauce		2 tsp		1 Tbsp 1 tsp	
Canned low-sodium tomato paste	1 lb 2 oz	2 cups (2/3 No. 2 1/2 can)	2 lb 4 oz	1 qt (1/3 No. 10 can)	4. Add tomato paste and mix well. Cook for an additional 10 minutes. 5. Pour into serving pans 6. Critical Control Point: Hold for hot service at 135 ° F or higher.
Reduced-fat Cheddar cheese, shredded	7 oz	2 cups	14 oz	1 qt	7. Combine cheddar and mozzarella cheeses.
Low-fat mozzarella cheese, low-	7 oz	2 cups	14 oz	1 qt	

8. Portion with 6 fl oz ladle (¾ cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.

Notes

Our Story

Cedar Cliff High School is committed to preparing students to be responsible adults. The school seized the competition as an opportunity to involve students, parents, and community members in a real-life challenge of creating a nutritious recipe kids enjoy.

The recipe team, which included a chef, a student team member, and the school nutrition professional, created the Vegetable Chili Boat recipe. It was selected by over 250 students, and survey results indicated the majority of the students would purchase it again. This recipe packs a punch with southwest flavor! It is a delight to the eye and a fiesta for the mouth!

Cedar Cliff High School
Camp Hill, Pennsylvania

School Team Members

School Nutrition Professional: Todd Stoltz

Chef: Thomas Long, CEC AAC (Executive Chef, Sodexo at Holy Spirit Hospital)

Community Member: Jaci Scott (Family and Consumer Science Teacher)

Student: Tessa L.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked beans.

1 lb dry kidney beans = about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

1 lb dry black beans = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

$\frac{3}{4}$ cup (6 fl oz ladle) provides:

Legume as Meat Alternate: $\frac{3}{4}$ oz equivalent meat alternate, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{4}$ oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ oz equivalent meat alternate, $\frac{1}{8}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{4}$ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 10 oz	3 lb 4 oz
Green bell peppers	1 lb 6 oz	2 lb 12 oz
Dry pinto beans	6 oz	12 oz
Dry kidney beans	14 oz	1 lb 12 oz
Dry black beans	1 lb	2 lb

Serving	Yield	Volume
3/4 cup (6 fl oz ladle) provides: Legume as Meat Alternate: 3/4 oz equivalent meat alternate, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.	50 Servings: about 18 lb 100 Servings: about 36 lb	50 Servings: about 2 gallons 1 quart 100 Servings: about 4 gallons 2 quarts

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Nutrients Per Serving					
Calories	141.07	Saturated Fat	1.16 g	Iron	1.73 mg
Protein	7.26 g	Cholesterol	4.28 mg	Calcium	117.93 mg
Carbohydrate	20.72 g	Vitamin A	1226.43 IU	Sodium	159.49 mg
Total Fat	4.2 g	Vitamin C	14.13 mg	Dietary Fiber	5.04 g